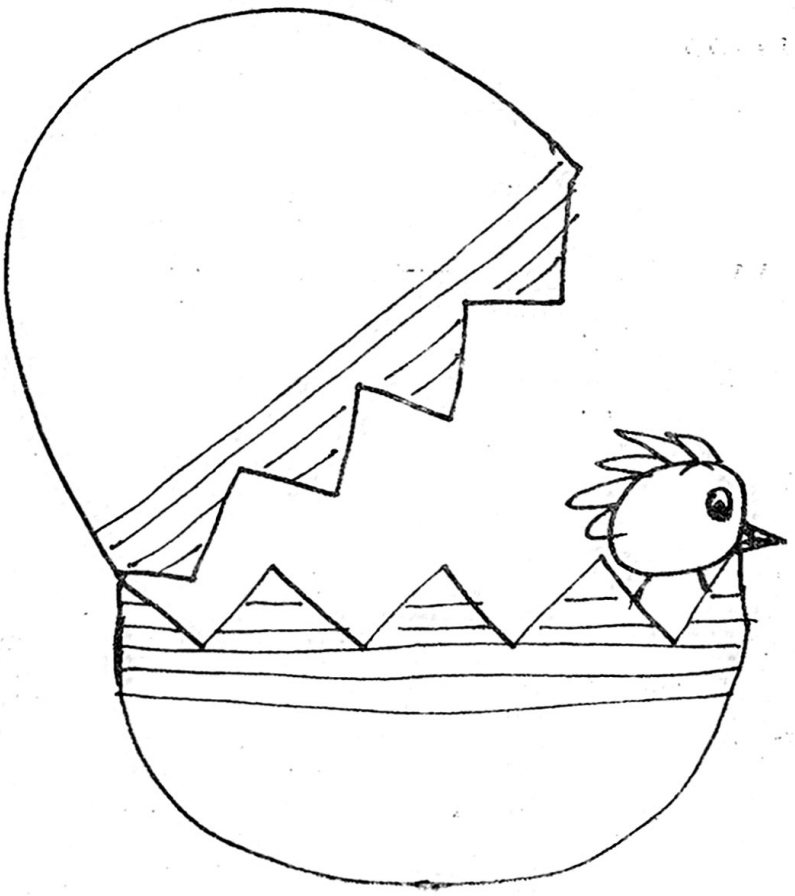
BAR HILL NEWS

THE MONTHLY MAGAZINE OF THE RESIDENTS ASSOCIATION

No. 242 MAR 89



The objects of the BHRA are to act as an intermediary between the residents and other parties to keep residents informed of matters of importance and recreation in and around the village and to promote the interest of Bar Hill Village.

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SURGERY TIMES - BAR HILL HEALTH CENTRE (Tel. 80442)

	Morning Surgery	Afternoon Surgery
Monday	8.30 - 10.30 Doctor Newsom 9.00 - 11.00 Doctor Hassan	3.00 - 5.30 Doctor Newsom 3.00 - 5.30 Doctor Hassan
Tuesday	8.30 - 11.00 Doctor Hassan	4.00 - 6.00 Doctor Hassan
Wednesday	9.00 - 11.00 Doctor Newsom	4.20 - 6.20 Doctor Newsom
Thursday	9.00 - 11.00 Doctor Hassan	3.30 - 6.30 Doctor Hassan 4.30 - 5.30 Doctor Newsom
Friday	9.00 - 11.00 Doctor Hassan 9.00 - 11.00 Doctor Newsom	3.00 - 6.00 Doctor Hassan

Saturday: From 9.30 am until 11.00 am., a combined practices surgery for emergencies only is held at 1 Huntingdon Road, Cambridge. Telephone Cambridge (9) 64127

For out of hours emergencies please telephone Cambridge (9) 356201.

****

DISPENSARY TIMES

Monday - Friday: 9.00 - 12.30 pm and 3.00 - 6.00 pm

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CLINICS

Family Planning:	During Surgery hours
Child Immunisations;	3.00 pm Monday
Ante Natal Clinic:	1.30 - 2.30 pm, Tuesday, Dr. Hassan 2.00 - 3.30 pm, Tuesday, Dr. Newsom
Ante Natal Classes:	2.00 pm, Tuesday
Infant Welfare:	2.00 - 4.00 pm, Thursday
Asthma Clinic	Every 2nd Thursday, by appointment

BAR HILL RESIDENTS ASSOCIATION - COMMITTEE 1989

Chairman:	Mr. Martin Avery	34 Acorn Avenue	81233
Secretary:	Mrs. Jo Hall	11 Almond Grove	80304
Treasurer:	Mr. Michael Webb	88 Field View	81015
Editor:	Mrs. Margaret Watson	60 Little Meadow	81488
Distribution:	Mrs. Jane Cullum	3 Almond Grove	80573
Advertising:	Mrs. Christine Goodman	85 The Brambles	80762
	Mrs. Bunty Waters	77 Foxhollow	81493
	Mrs. Jackie Jones	16 Acorn Avenue	81613
	Mr. Roger Hall	11 Almond Grove	80304
	Mrs. Jennie Barker	86 Hollytrees	80702

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CHURCH SERVICES IN MARCH

Sunday March 5th	10 a.m. Family Communion Preacher: Mrs. Jacky Bowers 8 p.m. Local Covenant Service Preacher: Canon Hugo de Waal
Sunday March 12th PASSION SUNDAY	8 a.m. Holy Communion 10 a.m. Morning Worship Preacher: Rev. James Newcome 11.30 a.m. Parade Service 7 p.m. Celebration Service
Friday March 17th	8 p.m. Joint Confirmation with the Bishop of Huntingdon
Sunday March 19th PALM SUNDAY	10 a.m. Holy Communion Preacher: Rev. James Laurence 7 p.m. Evening Worship

HOLY WEEK and EASTER

Wednesday March 22nd	8 p.m. Reflections
Thursday March 23rd (MAUNDY THURSDAY)	8 p.m. The Lord's Supper and Vigil of Prayer until Midnight
Friday March 24th (GOOD FRIDAY)	10 a.m. An hour before the Cross
Sunday March 26th EASTER DAY	10 a.m. Festival Family Service, including Communion 7 pm. Joint Service with Roman Catholics
Sunday April 2nd	10 a.m. Family Communion Preacher: Rev. James Newcome 7 p.m. Open to God

All our Holy Week and Easter Services will be in the Church Centre, and everyone is most welcome.
This month we shall also be celebrating the historic signing of a 'Local Covenant' between Bar Hill Church and the Roman Catholics in the village: - that is on March 5th at 8 p.m., also in the Church Centre. If you would like further details of these services or any of our weekday activities/(such as a Toddlers Service at 2.15 p.m. on Wednesdays) please don't hesitate to contact one of the Ministers. They are:

Rev. James Newcome 81629
Rev. James Laurence 81046

All the members of Bar Hill Church would like to wish you a very happy and holy Easter.

WOMENS WORLD DAY OF PRAYER

"LORD TEACH US TO PRAY" will be the theme of this year's service, and is written by the women of Burma.
There will be two services on March 3rd (Friday) one in the afternoon, starting at 2.0 p.m. The Speaker being The Reverend Janet Pratt from Histon, and the second one at 8 p.m. The Speaker being Major Jean Lacy of the Salvation Army Both services will be held at Bar Hill Church and everyone will be most welcome. Refreshments provided.

ADVERTISING CHARGES

TO THE EDITOR, PAID IN ADVANCE, BY 15th EACH MONTH

Small Domestic Advertisement (max.25 words)	£0.50
Local Enterprise (⅔ typed lines)	£2.50

TO: MRS. C. GOODMAN, BY 1st PRECEDING MONTH

¼ page Commercial Advertisement	£7.00
½ page Commercial Advertisement	£14.00

All "Lost and Found" entries are free. Village organisations can have free entries even for their fund-raising events unless a full page layout is required.

BAR HILL SCHOOL P.T.A.

Please note the following changes:-

The A.G.M. will now be held on Thursday 16th March 1989 at 8 p.m.

The Fun Run will now be held on Saturday 13th May 1989.

Numbers Club Winners:-

January	- Mrs. L. Dibden	£12.
February	- R. Kilsby	£12.

BAR HILL NEWS

If you could spare a couple of hours each month to staple 100 copies of the Bar Hill News, please let me know. I need some help, especially during the holiday season.

Jane Cullum 80573

PLAY EQUIPMENT UPDATE

Yes, £2,205, this is the total raised to date for our play area from local organisations and firms. Including a £500. cheque from Premier Brands of Histon.

I am also writing to local garden centres to see if I can get some sponsorship for shrubbery around the exterior of the fence. If you would like to donate a shrub or know of any one that can help us please contact C. Goodman 80762.

HELP NEEDED

For Trim Trail Installation.

B.H.R.A. have ordered the Trim Trail and once it is delivered we are planning to spend a weekend installing the 12 stations. Hopefully just the Saturday will be sufficient if enough able bodied helpers volunteer.
Please contact: C. Goodman 80762 for more details.

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REFRESHMENTS

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WANTED A kind person who would be willing to sew up hand knitted garments, for personal use only. Payment to be discussed.
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ROYAL BRITISH LEGION

The monthly meeting will be on Thursday March 9th, 7.30pm at the Farmhouse.

Cottenham RBL will hold a Modern Dance on March 4th, 8 - 12. Music will be by Harmony Sound and tickets £3.50 each.

Our Branch has decided that after 5 years we are sufficiently well established to make efforts to purchase our own standard. It will cost about £400 and mean hard work for our members to raise this amount. We hope to have the co-operation of the pulic with this endeavour.

==========

BAR HILL TABLE TENNIS CLUB

Bar Hill Table Tennis Club meets every Tuesday during school terms at 8.00pm in the small hall of the school. We always welcome new members and cater for a wide variety of standards. If you haven't played table tennis for some time, don't worry - most of the current members came back to the game after a break. We don't play in a league, but provide a relaxed atmosphere in which to play the game and we will carry on meeting through the summer term. Subsrciptions are £1 per evening, and we provide all equipment. So, if you're bored with what's on television on Tuesday evenings just come along or for further details ring Peter Bowers on CH 81977.

==========

UNDER ONES

All babies under one and their mums/dads are very welcome at 'Under Ones' which meets every Tuesday morning. The Church Centre is open from 10 o'clock until 12 noon for refreshments and a chance to meet other people with young babies. Expectant mums are very welcome too!

We offer plenty of toys, changing facilities and a well stocked library. If you would like further information or if you would like contact with someone before coming along on a Tuesday morning, please do get in touch with me at 22 Stonefield or on CH 81977.

Jacky Bowers

==========

BAR HILL RANGER UNIT FOR GIRLS 14-18

We meet at the Primary School Bar Hill on Tuesday evenings 7.30 - 9.30 during term time.

Come and join and have fun with us each week. Crafts, music, outings, opportunity for sailing, canoeing and climbing tuition and much more.

Sheila Blackwell
Ranger Leader CH 80276

==========

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SQUASH FOR JUNIORS

There will be a few vacancies in the Junior Coaching Scheme held at the Cambs. Moat House Hotel Squash Club on Monday evenings starting on Monday 13th March 1989. The times of the coaching periods on Mondays are:-

3.45 - 4.45 pm)	10 - 14 year olds
4.45 - 5.45 pm)	
5.45 - 6.45 pm	14 - 16 year olds

We also hold ladder matches on Tuesday evenings between 5.20 and 6.00pm for further practice and currently have two teams in the Cambridge Battery Service Junior League - an under 12's team and an under 16's team.

If any 10 - 15 year olds would like to be considered for squash coaching, please contact Tony Moffat on Crafts Hill 82366.

==========

BAR HILL CRICKET CLUB

Hurrah! The Bar Hill Cricket Club are once again in the Cambridge Cricket Association Junior Leagues. After two years of playing friendly matches we can look forward to playing more serious cricket. Anyone who is interested in playing League cricket, and who did not play for us last year, please contact me for details.

At our Annual General Meeting held on 30 January 1989, the following officers were elected for the coming season.

CAPTAIN	Niall Dunwoody
VICE-CAPTAIN	Richard Page
SECRETARY	Tony Moffat
TREASURER	David Allsop

Tony Moffat, 1 The Fairway, Tel:82366

==========

TO ALL VILLAGE ORGANISATIONS

TheResidents Association has recently purchased a selection of public address equipment which is available for loan to voluntary village organisations for a nominal charge. The equipment is suitable for addressing small meetings to large outdoor gatherings. Most combinations are easily portable.

Contact Martin Avery (CH 81233) if you would like more information, or would like to use any of the equipment.

==========

BAR HILL WOMEN'S INSTITUTE

Tuesday March 14th - 7.30pm in the School. General Meeting for 1989.
Competition - Easter Card. Sales Table - Toiletries

Tuesday March 21st - 10.30am Coffee Morning at 22 Partridge Drive.

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LETTER TO THE EDITOR

Dear Editor,

Please allow me through your pages, to address the residents of Bar Hill.

On the notice board near the letter box in The Mall is a notice which alleges that this village is well kept. This may be meant to encourage us but it is a false statement.

Our open spaces are littered with soft drink cans, cigarette packets, sweet and crisp wrappings and bottles both glass and plastic.

Our grass verges and open spaces are strewn with excrement of dogs.

Beside our paths and in the ditches lie countless Tesco trollies. On the main path through the middle of the village from the Mall to the top of the hill at Little Meadow, on the morning of Sunday 5 February '89, there were more than 30 abandoned trollies. Along the other long path from the school to The Fairway our maintenance man and his helpers cleared the big ditch which runs beside the building site. Since that time the trollies have turned up there too whereas formerly they were thrown into the stream which crosses the path at that point.

Rubbish is dumped all round the village. No sooner had the ditch mentioned above been cleared than it was used as a dumping place for garden refuse.

The blame for all this is on the shoulders of residents of Bar Hill. Repeated polite exhortations to the public to do better have achieved little We are plagued by a mindless, feckless minority, not all of whom are young.

The time has come for offences to be defined. The Parish Council has stated that there is to be a penalty of £100 for anyone whose dog fouls a footpath or grass verge. The term grass verge needs to be defined. There are perimeter verges which are not within the jurisdiction of the Parish. The by-law will not protect the open spaces.

Tesco needs to be more courageous in its dealing with the public and declare openly that trollies may not be taken farther than the car park.

The Parish Council should support them in this and display notices accordingly. The existing laws concerning the dropping of litter and dumping of rubbish should be revised and made clear to all. The residents of Bar Hill must be ready not only to clear up the rubbish for the time being but must bring pressure to bear on the Parish Council to ensure that action is taken and that prosecutions follow.

Your parish councillors live among you. Their names are published regularly Alec Green of 16 The Brambles (80978) and Jennifer Jones of 61 [illegible] are your district councillors. What have they done, what are they doing about these matters? They are all here to serve the community. When you have done what you can do call upon them to act as well.

Yours sincerely,

P. G. Cox
105 Hollytrees

NOTE TO RESIDENTS: Why not give us some of your ideas for the solution(?) to the points above. Send them to me, by 15th March for inclusion in next months B.H.N.

EDITOR

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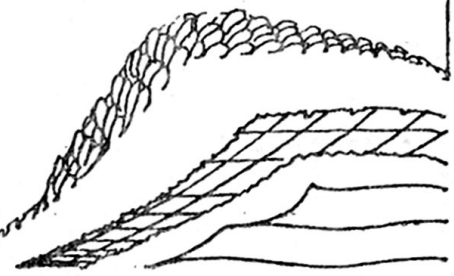

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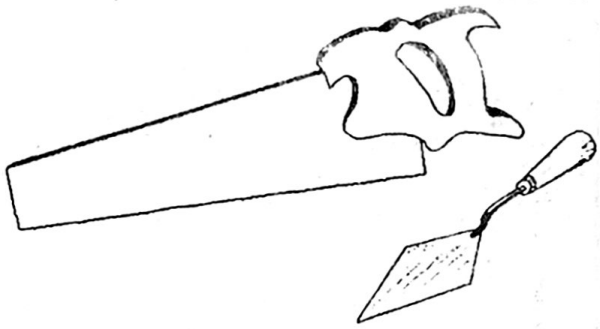

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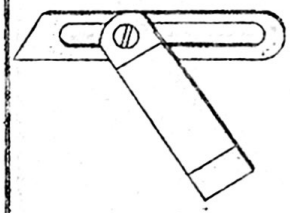
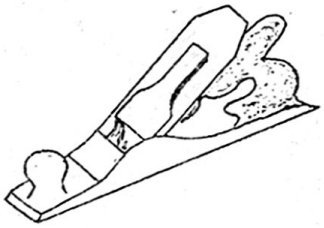
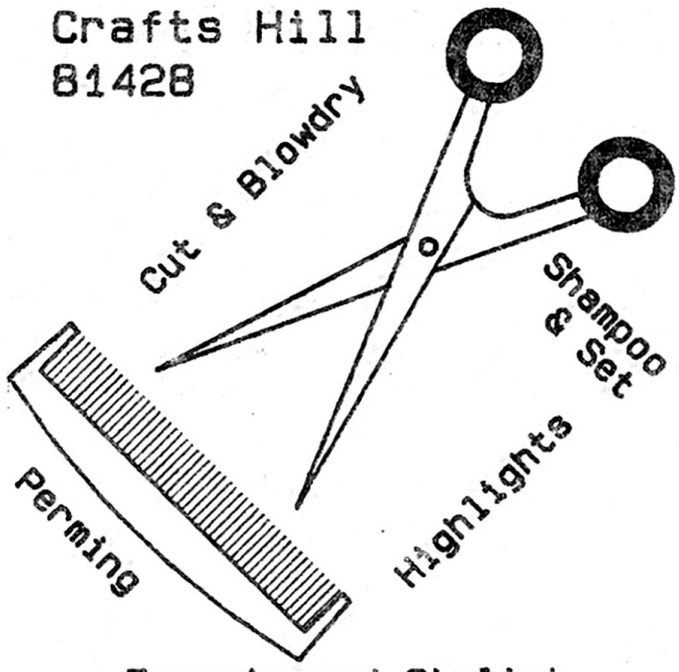




Hair at home

Tel: Karen
Crafts Hill
81428



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Tuesday 7.30 pm
Bar Hill Church Centre

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Further details:
Liz on Crafts Hill 80808

J. WRIGHT - ORNAMENTAL GATES

After great consideration, I have decided not to advertise the "ornamental gates" in future.
I have recently started a new business "PRO-LINE ENGINEERING SERVICES", which means spending more time expanding the general engineering side of the company.
If any readers still require an ornamental gate, feel free to contact me in the future.
Many thanks to all my customers and to those who recommended me to friends.

JONATHAN R. WRIGHT
TEL. 82301

LONGSTANTON GARDNERS' CLUB

The Longstanton Gardners' Club extends a hearty welcome to residents of Bar Hill to join the club. With many newcomers and first time homeowners in the area, starting a new garden or restocking an existing one can be a daunting task, we feel we can offer you help and many ideas through our meetings.

The Club meets monthly on the 3rd Monday and has a full programme of talks, slide shows and demonstrations. In addition we organise outings and social events. This year we have teamed up with four other local clubs with a view to sharing many gardening interests. Members also enjoy the benefits of large savings in the price of horticultural sundries, through bulk buying, and discounts to members from several suppliers locally, for ~~seed orders~~, plants and all garden supplies.

Bar Hill residents are invited to attend the next meeting of the Club as our guests. We meet on Monday 20th March at 7.30 p.m. in the Longstanton Village Hall. The subject will be "Summer Bedding Plants" by S.D. Hardwick.

The Club also organises fortnightly classes in flower arranging, there being two groups, beginners and intermediate classes. Any ladies or gentlemen from Bar Hill are welcome to join these.

We are just a short distance away - so do come along and see for yourselves.

For further information ring the Secretary - Mrs. Helen Dykes on Crafts Hill 80116

AQUA SWAVESEY HALF MARATHON

The fifth Aqua Swavesey Half Marathon will take place on Sunday April 9th 1989 starting at 10.00am from Swavesey Village College. The course is flat and the good facilities have made it a popular local run just two weeks before the London Marathon.

This years chosen charity is The Windmill School at Fulbourn, a school for handicapped children aged 2 to 16, and sponsorship forms wil be sent when you register.

Please contact the Marathon Secretary, Swavesey Village College, Gibraltar Lane, Swavesey (tel: 30373) for your application form.

Roadside supporters are always greatly appreciated and the route passes through the villages of Fen Drayton, Longstanton, Over and Swavesey. Please turn out to cheer your local heroes and heroines who last year raised £1800 for the Cambridge Childrens Hospice.

Carol Smith, Swavesey Snailds.

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BAR HILL NATIONAL WOMEN'S REGISTER

Are you interested in environmental issues? Or fascinated by the story of Henry VIII and his matrimonial mishaps? If so, perhaps you'd like to come to the meeting we'll be holding in March, which are as follows:-

Monday 6th March at 52 Acorn Avenue at 8.00pm : "Helping the Earth Fight Back" A guest speaker from Friends of the Earth.

Monday 20th March at 34 Acorn Avenue at 8.00pm : "My Life was Hell with Hal" - or was it? Henry VIII's six wives tell their stories.

You'll be made very welcome - our meetings are friendly and informal. If you'd rather come in company than on your own, please give me a ring.

Chris Avery (CH 81233)

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TEA AT TEN

Where can you go and have a cup of coffee and home made cakes? Where can the children play? And there are no fees? TEA AT TEN.

We meet every Wednesday morning (including holidays) at the Church Centre from 10.00am - 11.30am. Everyone is welcome.

I would like to take this opportunity to thank Pat and Pauline for taking over from Margaret and I. I am sure they will enjoy Tea at Ten as much as we have over the last 3 years.

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CANCER RESEARCH WEEK, MAY 19th - 26th

Collectors needed for roads in the village. Please contact Jo Hall if you are willing to help me. Thank you. (Tel 80304)

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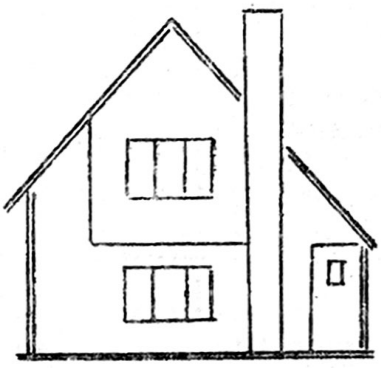

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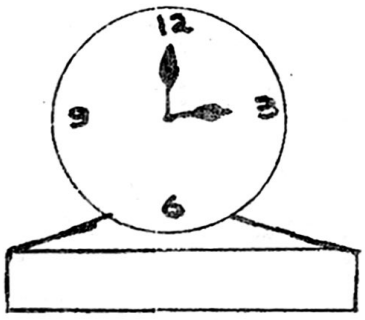

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BAR HILL CONVERSATIVES

Whist Drive, 7.15pm at Mrs Young's, 28 Almond Grove on March 15th. Hope to see you there. Cost £1. Raffle, refreshments. Contact Jo Hall (80304)

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CHILDREN'S SOCIETY APRIL 2nd - 8th

Helpers needed to collect in roads.. Contact Jo Hall if you can help. You only need to do a few houses each. Every little helps. Thank you.

Jo Hall (80304)

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WOOD GREEN ANIMAL SHELTER

They are collecting drink cans and hope to get 1 million and then the County Council will give them a donation

Please bring your old blankets, old towels and cans to Jo Hall, 11 Almond Grove and the can rings as they go towards kidney machines at Douglas House.

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Welcome to anyone who is new to the village. We celebrate mass in the Church Centre at 6.00pm on Saturday evenings. For details of masses in Cambridge please phone Margaret Moffat on 82366.

There will be no mass on Saturday 25th March but instead it will be at 12 noon on Easter Sunday 26th March.

On April 1st we are holding our Grand Jumble Sale in the Church Centre at 2.00pm Slips will be put through doors at a later date but if you have anything you would like us to collect please phone Bridget Hares 81204, or Bunty Waters, 81493.

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CUB JOB WEEK

Have your car cleaned for £1.25 (under adult supervision) while you relax with a FREE cup of tea.

Where will you find this wonderful offer?

At the Scout Hut on Saturday 1st of April, 10.00am to 3.00pm.

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Health Centre News

Diary Dates Diary Dates Diary Dates Diary Dates Diary Dates

8th March 1989 9-00 a.m. to 12-00 midday

Cholesterol Testing

One of the major factors which increase the risk of Heart Disease is elevated levels of CHOLESTEROL in the blood. A 10% reduction in your blood cholesterol level (which is usually brought about by a dietary reduction of fat intakes) causes approximately a 30% reduction in the risks of heart attacks. It is therefore well worth finding out whether your blood cholesterol is high. This can be done in three minutes on a thumb prick blood sample.

Blood Pressure

Another major factor in HEART DISEASE is raised BLOOD PRESSURE. Many people with raised blood pressure have no symptoms and therefore do not know that they have an increased risk of heart disease. To have your blood pressure checked is also a very simple procedure.

N.B. To get an accurate reading of your blood cholesterol level it is necessary to have nothing to eat or drink (except water) for at least 12 hours prior to testing.

Appointments for the above can be made by ringing the Health Centre (tel.80442) as soon as possible to ensure you obtain a time suitable for you.

2nd Thursday in every month

ASTHMA CLINIC

This clinic will be held in the Health Centre every 2nd Thursday of the month. Appointments can be made by ringing the Health Centre (tel.80442).

Please bring any medication, inhalers, record cards and peak flow machines when attending your appointment.

Change Change Change Change Change Change Change

We have been informed that the Social Worker will not be attending the Health Centre every week in future. Appointments with her can be made by ringing Cambridge 69731 and asking for the Social Worker for the Bar Hill area. We shall continue to make available a room for her in the Health Centre should you wish to have your appointment there.

Laurence Pullar
Manager